



Profiles in Wellness



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I am 82 years old, 5'11" tall and weigh 170 lbs. and am in reasonably good health. I do not smoke or consume alcoholic beverages but I do maintain a regimen of exercise which includes swimming, bike riding and moderate calisthenics.

These are rather mundane points of interest regarding a healthy lifestyle, but a single personal health experience 26 years ago dramatically impressed on me the importance of knowing and caring for one's body through the use of personal discipline and medical information.

I developed an acute case of gout and after diagnosis maintained a dosage of pills which alleviated pain and reduced the number of arthritic attacks on feet, knees and other bodily joints.

On the advice of my doctor I reduced the amount of meat and seafood in my diet, and gave up all consumption of alcohol and drank only water.

Following these decisions I have had no recurrence of gout attacks and have not needed any prescription drugs.

It seems to me that informed familiarity with your body and its reaction to diet and exercise means better health and lowered health costs.